

Surprise Tennis and Racquet Complex

Player of the Month– SEPTEMBER 2012

When did you start playing Racquetball and why? I started playing racquetball when I was in my early 30's. I had played hand ball and tennis before that, but racquetball quickly became my game of choice.

Why do you love the game of Racquetball? I love to play racquetball because it provides one of the best and yet enjoyable cardio workouts that I have found in any of the sports. It also provides a great opportunity for camaraderie with friends and people I meet at the racquet complex.

What has playing Racquetball done for you? It has helped me to keep in a routine of physical exercise that lasts over an hour 3-4 times a week. It has helped me to lose 30lbs when I was overweight, and it helps me get the heart rate up like I am supposed to do, and I don't get out of breath easily when I play regularly.

What do you like best about playing at the STRC? I like playing at the STRC because it is the closest in-door racquetball courts to where I live, and the staff and the racquet center are all very friendly and helpful.

What is your favorite shot to hit? I guess my favorite shot is the hard and low backhand from the left back corner.

What tips/advice can you share with new players? Be patient, it takes a while with a lot of practice before you can become proficient, and unlike most sports, you have to learn to go where the ball is going to end up and not always where it is at the time.



Murle Williams-Sept. 2012